



**European Committee
of the Regions**

CoR INTERREGIONAL GROUP ON HEALTH & WELL-BEING

Topic – “Supporting mental health in the EU in
pandemic and post-pandemic.”

Chair Birgitta Sacrédeus (EPP)
Moderator Birgitta Sacrédeus (EPP)
Date 25/11/2021 14:30 – 16:30

Agenda

14:30 Welcome and introduction by the Chair, Birgitta Sacrédeus

14:35 PANEL ONE:

- **Supporting mental health of health workforce in the EU**

Pedro De Oliveira Martins Pita Barros, member of the Expert Panel on effective ways of investing in health (EXPH) powered by DG SANTE

- **An example from Skåne County (SE): Self-administered Internet-cognitive behaviour therapy for anxiety related to COVID-19**

Njördur Viborg, Psychologist, Responsible for Psychotherapy in the Management team of Psychiatry, Skåne County (SE)

- **Scotland's experience in addressing mental health in pandemic and post pandemic**

Chris Wright, National Advisor for Mental Health at Scottish Government

15:10 Open debate (Q&A)

15:30 PANEL TWO:

- **Mental health in time of COVID-19 and beyond: a contribution from PERISCOPE project**

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*Walter Osika, Associate Professor, Karolinska Institutet, partner of PERISCOPE project-
Pan-European Response to the Impacts of COVID-19 and future Pandemics and Epidemics*

- **A look at future: how to boost mental health resilience in children?**

*Åse Marit Hovden, Senior Adviser Public Health at Viken County (NO), partner of BOOST
project - Building social and emotional skills to BOOST mental health resilience in children
and young people in Europe*

- **Towards a European strategy for mental health**

Claudia Marinetti, Director, Mental Health Europe

16:00 Open debate (Q&A)

16:30 Close of meeting

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